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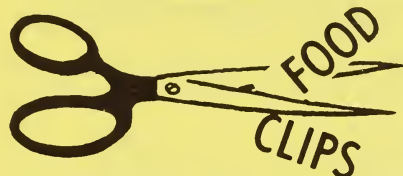
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# Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE  
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Cream ranges in milkfat from 18 percent for table or coffee cream to 40 percent for heavy whipping cream. Cultured sour cream usually has about 18 percent fat, according to U.S.D.A.

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Mixed fruit cocktail is one of the best known canned fruit mixtures. It contains five fruits; diced yellow peaches, diced pears, pineapple dices, green-white seedless grapes and red marashino cherry halves.

\* \* \*

Mixed fruit cocktail is one of the few standardized by Federal law (to give a definite proportion to the fruits). Peaches and pears make up the greater part of the mixture.

\* \* \*

Evaporated milk is prepared by removing about 60 percent of the water from fresh milk. When mixed with an equal amount of water, its nutritive value is about the same as the milk from which it was made.

\* \* \*

Turkey is an excellent source of protein, iron, thiamin, riboflavin, and niacin.

## For Yule Decorations ---Take to the Woods

If you're planning to make old-fashioned holiday decorations this year you might want to consider a trip to the woods to collect plant materials. You'll need more materials than you might think...But, it won't take long to collect them after you get started picking up cones, nuts, and seed capsules.

After you've gathered all your dry materials together you should immediately put them into a slow oven (about 150°). This will kill any insects or other animal life that may be hiding in them, according to the Agricultural Research Service of the U.S. Department of Agriculture.

The time-consuming part of the decorating is wiring your prize pieces to a sturdy frame. Wire each item carefully and then twist each piece of wire separately -- wrap around several times before cutting off excess wire. A special effect may be made with a wreath entirely from wild rose hips (they keep their color well and look good against a background of greens on a door).

## THINK E·N·E·R·G·Y

Heat loss -- Fuel savings -- Conservation -- Where do you start? Energy conservation -- one of the obvious focal points of the present and future -- is also a priority of the Extension Service, the educational arm of the U.S. Department of Agriculture. Energy saving tips, programs and publications are being developed in almost every State. The Cooperative Extension Service of Purdue (Indiana) University is one of the forerunners to publish current information on conserving energy in the home.

Analyze your house or place of business for heat loss and possible fuel savings, first, Purdue suggests. Consider the type of improvements you should make. A high insulation level should be a priority. Insulation levels or resistance having insulation values of R=12 to 16 for sidewalls and R=19-21 for ceiling is now generally recommended. What comes first? Insulate the ceiling first, because it provides the largest heat loss of the building which also has the highest inside temperature adjacent to it. Insulation in the sidewalls is generally not a do-it-yourself project but is effective in reducing heat loss.

Humidifying units are worth serious consideration. According to the publication, humidity can be added most easily to a hot air heating system. Many humidifying units are made to be attached directly to the hot air furnace. Hot water, steam or electric heating systems do not warm and circulate air through the furnace, so they will require some form of auxiliary humidifier. Fan evaporation of moisture (resulting from setting pans of water on convectors) is not very effective and not generally recommended.

What are the dangers of using portable and temporary heat sources in houses? Supplemental or emergency heat units must be used wisely in order to prevent asphyxiation from non-vented products of combustion. Portable electric heating devices are potentially dangerous because of shock or fires.



## ----Then Do Something About It!

Space heating and air conditioning together use more than 60% of the total residential energy. Efforts to improve energy utilization and reduce energy losses in this area will make the greatest difference in total energy use, according to the Indiana publication.

Almost 15% of the energy used in the home is used to heat water. To cut down on this you could use cold water for rinsing clothes (this will effect laundry results less than cooler water for washing). Stop all water leaks (check faucets). Insulate hot water pipes so you don't heat more water than you use. Cut down on hot water for personal use. In general, a shower uses less water than a bath.

### ---- Conserving Energy in the Kitchen ----

Did you know that every time you open the door to the oven the temperature drops from 25 to 50 degrees? That's why you have a "peak a boo" window -- so you don't have to waste that energy!

If you use cooking utensils with flat bottoms and tight fitting lids you will cook foods faster at lower temperatures. Pots and pans should be the right size for the burners or elements you use.

Use only enough water to create steam and prevent sticking when cooking vegetables. (Actually, they retain more vitamins and taste better this way, anyway, and require less energy to cook).

And how do you manage energy-use of your oven? You can learn to be a good "oven manager" -- according to the Purdue Home Economists. Start off by using the oven for a whole meal...not just one potato. Baking ahead is another habit that can be useful. To conserve the oven heat, use more glass or glass ceramic baking dishes (when possible) because they transfer heat more efficiently than metal).

## More On: Energy Conservation

In fact, if you use glass or glass ceramic dishes, you can lower oven heat by 25° (if you're using a recipe that calls for 375° you can usually use 350°).

If you have an electric range, cut your time by five minutes, turn off and let the reserved oven heat continue to bake your food.

And how much do you know about controlling your furnace to conserve energy? If you use the controls inefficiently you waste valuable energy -- not to mention your valuable money. Remember that a thermostat is a simple on-off control. It does not control how fast the furnace heats; the thermostat just tells the furnace when to turn on and off. Set it at the temperature you want -- and no higher.

Fan control choice is up to you -- automatic or manual. Manual means it will run continuously which sometimes saves fuel because the circulating air will help you stay warmer at cooler temperatures. However, there are disadvantages, too, because it takes energy to drive the fan full time which could mean a higher power bill. Your choice may depend on the cost of power in your area. If you want to figure it: your fan motor is (usually) rated at 1/16 horsepower and your electric power (may be) two cents per kilowatt hour -- then the cost would be eight cents per day -- roughly \$2.40 per month. Work out your figures however, and decide on that basis, plus, your own comfort zone for heat, of course.

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AVAILABLE TO THE WORKING PRESS Only: Limited copies of the publications to which we referred in the above article are available to newspapers on request (use letterhead stationary). Write to: Cooperative Extension Service, Agricultural Experiment Station, School of Agriculture, Lafayette, Indiana 47907. Publications are: HE. 406 "Controlling Your Furnace to Conserve Energy"; HE. 401 "Energy conservation Hints"; and "Energy in the Home...Changing Your Habits" HE. 407.(available after January 1975)

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NOTE: Additional information for the MEDIA and photographs (when applicable) may be obtained from: Shirley Wagener, Editor of Food and Home Notes, Room 535-A, Office of Communication/Press Division, U.S. Department of Agriculture, Washington, D.C. 20250. Or telephone 202-447-5898

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